



## 98TH GENERAL ASSEMBLY

### State of Illinois

2013 and 2014

HB5397

by Rep. Rita Mayfield

#### SYNOPSIS AS INTRODUCED:

105 ILCS 5/27-6.5 new

Amends the School Code. Provides that the State Board of Education shall require all schools under its jurisdiction to use, during the 2016-2017 school year and every school year thereafter, the FITNESSGRAM physical fitness assessment and report fitness information to the State Board of Education to assess student fitness indicators. Requires schools to integrate health-related fitness testing into the curriculum as an instructional tool, except in the early elementary grades. Provides that the testing shall be used to teach students how to assess their fitness levels, set goals for improvement, and monitor progress in reaching their goals. Provides that on or before October 1, 2014, the State Superintendent of Education shall appoint a 15-member stakeholder and expert task force that will make recommendations to the State Board of Education. Requires the task force to submit its recommendations on physical fitness assessment on or before April 1, 2015 and the State Board of Education to use the recommendations to adopt rules for the implementation of physical fitness assessments by each school on or before October 1, 2015. Provides that on or before September 1, 2016, the State Board of Education shall develop a system for collecting and reporting the aggregated fitness information from the physical fitness assessments. Effective immediately.

LRB098 18839 OMW 53984 b

FISCAL NOTE ACT  
MAY APPLY

STATE MANDATES  
ACT MAY REQUIRE  
REIMBURSEMENT

A BILL FOR

1 AN ACT concerning education.

2 WHEREAS, Regular physical activity is associated with a  
3 healthier, longer life and a lower risk of cardiovascular  
4 disease, high blood pressure, diabetes, obesity, and some  
5 cancers; and

6 WHEREAS, Physical activity offers young people many health  
7 benefits, including improved aerobic endurance and muscular  
8 strength, better weight control, and the opportunity to build  
9 lean muscle and bone mass and reduce fat; and

10 WHEREAS, Physically-fit children have higher scholastic  
11 achievement, better classroom behavior, greater ability to  
12 focus, and less absenteeism than their physically-unfit  
13 counterparts; and

14 WHEREAS, One important way to stop this rise in childhood  
15 obesity is by establishing lifelong physical activity habits  
16 with strong physical education programs and regular physical  
17 activity opportunities in our nation's schools, both during and  
18 outside of the regular school day; and

19 WHEREAS, The Enhance Physical Education Task Force,  
20 created by Public Act 97-1102, recommends enhancing physical  
21 education to increase the amount of time students spend in  
22 moderate to vigorous physical activity with an emphasis on

1 fitness, skill-building, and cooperation; and

2 WHEREAS, The Enhance Physical Education Task Force  
3 recommends using the Presidential Youth Fitness Program as a  
4 statewide tool for measuring fitness, accessing professional  
5 development, recognizing achievement, aggregating data from  
6 schools, and linking and reporting aggregate data with academic  
7 achievement, attendance, and discipline data; and

8 WHEREAS, The FITNESSGRAM methodology of physical fitness  
9 assessments is recognized nationally by numerous professional  
10 organizations as the gold standard; therefore

11 **Be it enacted by the People of the State of Illinois,**  
12 **represented in the General Assembly:**

13 Section 35. The School Code is amended by adding Section  
14 27-6.5 as follows:

15 (105 ILCS 5/27-6.5 new)

16 Sec. 27-6.5. Physical education and fitness assessment in  
17 schools.

18 (a) As used in this Section:

19 "FITNESSGRAM" means a criteria-based, health-related  
20 fitness assessment tool offered by the Cooper Institute.

21 "FITNESSGRAM Physical Fitness Assessment" means a series

1 of assessments to measure aerobic capacity, body composition,  
2 muscular strength, muscular endurance, and flexibility.

3 "Presidential Youth Fitness Program" means a free program  
4 that includes use of a health-related fitness assessment,  
5 including access to a free version of the FITNESSGRAM physical  
6 fitness assessment tools, and educational and motivational  
7 tools to support teachers and empower students to adopt an  
8 active lifestyle.

9 (b) To measure the effectiveness of State Goal 20 of the  
10 Illinois Learning Standards for Physical Development and  
11 Health, the State Board of Education shall require all schools  
12 under its jurisdiction to use, during the 2016-2017 school year  
13 and every school year thereafter, the FITNESSGRAM physical  
14 fitness assessment, as outlined in the Presidential Youth  
15 Fitness Program or an equivalent program, and report fitness  
16 information to the State Board of Education, as set forth in  
17 subsection (e) of this Section, to assess student fitness  
18 indicators.

19 Schools shall integrate health-related fitness testing  
20 into the curriculum as an instructional tool, except in the  
21 early elementary grades. Following Presidential Youth Fitness  
22 Program or equivalent program guidelines, fitness tests shall  
23 be appropriate to students' developmental levels and physical  
24 abilities. The testing shall be used to teach students how to  
25 assess their fitness levels, set goals for improvement, and  
26 monitor progress in reaching their goals.

1       (c) On or before October 1, 2014, the State Superintendent  
2 of Education shall appoint a 15-member stakeholder and expert  
3 task force, including members representing organizations that  
4 represent physical education teachers, school officials,  
5 principals, health promotion and disease prevention advocates  
6 and experts, school health advocates and experts, and other  
7 experts with operational and academic expertise in the  
8 measurement of fitness. The task force shall make  
9 recommendations to the State Board of Education on:

10           (1) protocols for implementing the FITNESSGRAM  
11 physical fitness assessment in all schools, including how  
12 often fitness assessments shall occur and how fitness  
13 assessments shall be conducted;

14           (2) how often fitness assessment data shall be  
15 aggregated and reported to the State Board of Education;  
16 and

17           (3) how fitness assessment data shall be reported to  
18 the public, including potential correlations with student  
19 academic achievement, attendance, and discipline data, and  
20 recommended uses of the reported data.

21       (d) The task force shall submit its recommendations on  
22 physical fitness assessments on or before April 1, 2015. The  
23 task force may also recommend protocols for assessing student  
24 progress on State Goals 19 and 21 through 24 of the Illinois  
25 Learning Standards for Physical Development and Health. The  
26 task force is dissolved on April 30, 2015.

1       On or before October 1, 2015, the State Board of Education  
2 shall use the recommendations of the task force under this  
3 subsection (d) to adopt rules for the implementation of  
4 physical fitness assessments by each school for the 2016-2017  
5 school year and every school year thereafter.

6       (e) On or before September 1, 2016, the State Board of  
7 Education shall by rule develop a system for collecting and  
8 reporting the aggregated fitness information from the physical  
9 fitness assessments. This system shall also support collection  
10 of data from districts that use FITNESSGRAM, the expanded and  
11 paid version of the fitness testing program, or another  
12 equivalent fitness testing software program.

13       (f) School districts may report the aggregate findings of  
14 student fitness assessments by grade level and school to  
15 parents and members of the community through typical  
16 communication channels, such as Internet websites, school  
17 newsletters, school board reports, and presentations.

18       (g) Nothing in this Act shall preclude schools from  
19 implementing the FITNESSGRAM physical fitness assessment  
20 sooner than January 1, 2016 or from implementing more robust  
21 forms of the program, such as the paid version of FITNESSGRAM  
22 or equivalent software program.

23       Section 99. Effective date. This Act takes effect upon  
24 becoming law.